KEEP THIS SAFETY BROCHURE



72 HOURS

HOME PREPAREDNESS

USEFUL TIPS FOR DISRUPTIONS AND EMERGENCIES



The 72h concept details the level of home preparedness recommended by the authorities and NGOs.

For example, an extended power outage may result in a situation where society's services are disrupted or even discontinued.

Households should prepare to cope independently for at least three days should a disruption occur. They should store at least three days' worth of food supplies and medicines. It would also be important to know the basics of preparedness, such as where to get reliable information during a disruption and how to cope in a residence that is getting colder and colder.

Home preparedness is of great benefit to both society and, above all, to each individual themselves. This is why everyone should prepare for disruptions and emergencies.

COULD YOU COPE?

If you are able to take care of your own and your family's basic needs also during disruptions, you have successfully taken care of your home preparedness.

If you are proficient in home preparedness, you have, among other things, a home emergency supply kit that contains bottled water, easily prepared foodstuffs and food for your pets. You also have a torch, some cash money, the medicines you and your family need as well as hygiene products and other necessaries.

This brochure will give you more preparedness tips!





HOW DISRUPTIONS MAY IMPACT YOUR EVERYDAY LIFE:

- ◻ It becomes more difficult to prepare food.
- ◻ The fridge and freezer thaw.
- ◻ The toilet does not flush.
- ◻ There is no running water, or it is contaminated.
- ◻ Communication networks stop working.
- ◻ The lights are out.
- ◻ The heating is out.
- ◻ Public transportation does not operate.
- ◻ Stores may have to close or they may run out of supplies.
- ◻ You cannot fill the car’s petrol tank.
- ◻ It may be difficult to get medicines or the chemists may completely run out of them.
- ◻ Debit/credit cards do not work.



HOW WILL YOU, YOUR FAMILY AND LOVED ONES COPE DURING DISRUPTIONS IN SOCIETY?

HOME EMERGENCY SUPPLY KIT



THE HOME EMERGENCY SUPPLY KIT CONTAINS:

- ☐ Water containers (clean, fitted with lids)
- ☐ Store bought bottled water
- ☐ Food that is easy to prepare and suitable for all family members
- ☐ Pet food

WHAT ELSE SHOULD YOU KEEP AT HOME?

- ☐ A battery-powered radio and spare batteries
- ☐ A battery-powered torch and spare batteries
- ☐ A powerbank for charging your mobile phone, for example.
- ☐ A portable stove and matches
- ☐ Cash money
- ☐ The necessary medicines
- ☐ Iodine pills
- ☐ Hygiene supplies
- ☐ A first aid kit
- ☐ A portable extinguisher/fire blanket
- ☐ Duckt tape
- ☐ Plastic bags and toilet paper
- ☐ Face masks and hand sanitizer



HOME PREPAREDNESS IS ALL ABOUT SKILLS, SAVVY AND SUPPLIES.

WHEN DO YOU NEED THE HOME EMERGENCY SUPPLY KIT?

- ☐ During an extended power outage.
- ☐ When you cannot make it to the shops because of illness or an accident.
- ☐ During a strike (industrial action) or a major accident.
- ☐ When public transportation breaks down.
- ☐ During a disruption in food distribution.
- ☐ If a storm or a flood cuts off power distribution or stops transportation.
- ☐ When payment systems quit working.

RADIO

Necessary for receiving information and emergency warnings.

CASH MONEY

Debit/credit cards and cash points (ATMs) will not work during a power outage.

WATER

A water outage may be caused by, for example, a power outage or contamination. Emergency water distribution is often organised in water outages lasting over 24 hours.

WHEN THERE IS NO RUNNING WATER:

- ☐ Have at least a couple of litres of store-bought bottled water at home.
- ☐ Make sure you have containers fitted with lids with which you can fetch water, for example, from water distribution points.
- ☐ You can only flush the toilet once.
- ☐ You can line the toilet bowl with a garbage bag into which you can relieve yourself. Put some dry material, like toilet paper or shredded newspaper, in the bag. Close the bag tightly inside two other plastic bags and sort it to mixed waste.

WHEN THERE IS RUNNING WATER BUT THE POWER IS OUT:

During a power outage the use of drains should be avoided due to the risk of flooding the drain network.

TOILET

- ☐ During a power outage, avoid using the toilet whenever possible.
- ☐ If you must use the toilet, do not flush it until the electricity has come back.
- ☐ When you don´t flush the toilet, collect used toilet paper in a garbage bag to avoid blocking the toilet.
- ☐ If the power outage gets prolonged, follow the tip mentioned above about lining the toilet bowl with a garbage bag.

WATER



- ◻ Tap water is safe to drink during a power outage.
- ◻ If you need to pour water from a tap, put a container underneath, such as a bucket or wash bowl, to catch the water.
- ◻ Use cold water. In properties that use district heating, hot water can become scorchingly hot during a power outage.

IF THE WATER IS CONTAMINATED:

- ◻ Prevent the use of contaminated water.
- ◻ Follow the water company's instructions on how to use the water and on the need to boil it.
- ◻ Do not use the water when the water distribution system is being shock chlorinated.
- ◻ When clean water is again available, remember to sanitise all equipment and containers which may have come into contact with contaminated water, such as the coffee maker.

INFORMATION ON WATER DISTRIBUTION:

- ◻ Check first your housing company's information regarding a possible water outage.
- ◻ If the disruption is more widespread, also follow the information provided by your own water company, as the instructions may vary regionally.
- ◻ If your water company provides a disruption notification service, subscribe to it.

Every person needs approximately 2 litres of clean drinking water per day. In addition, water is needed for cooking and personal hygiene. The total requirement is 1–2 bucketfuls of water per person per day.

FOOD

HOW MUCH FOOD DO YOU NEED?

- ◻ You should reserve enough food for at least a few days.
- ◻ Also remember to keep enough pet food.

WHAT KIND OF FOOD?

- ◻ Keep the kind of food in your home emergency supply kit that you would normally eat anyway.
- ◻ Also make certain that you store food that can be eaten as it is, such as nuts or dried fruit.
- ◻ In addition, store the kind of food that you can cook during a power outage, for example, with a portable stove outdoors.

AN EXAMPLE OF A THREE-DAY HOME SUPPLY FOR ONE ADULT:



- ◻ **6 litres of water and/or other drinks**
- ◻ **600 grams of vegetables and root vegetables**
- ◻ **400 grams of fruit and berries**
- ◻ **200 grams of potatoes**
- ◻ **200 grams of pasta, rice or other grains**
- ◻ **550 grams of bread and cereals**
- ◻ **1 litre of milk, yoghurt and/or other dairy products or plant-based alternatives**
- ◻ **60 grams of cheese**
- ◻ **400 grams of fish, eggs, meat and/or plant-based proteins**
- ◻ **150 grams of oil/fats**
- ◻ **100 grams of dried fruit**
- ◻ **90 grams of nuts/seeds**
- ◻ **100 grams of sweets/chocolate**
- ◻ **100 grams of sugar and/or honey**

= approximately 2,300 kcal/day

STOCK UP ON PRODUCTS THAT KEEP WELL AND ARE READY TO EAT:

- ☐ bottled water and fruit juice
- ☐ fresh and canned fruit, vegetables and root vegetables
- ☐ bread, crispbread, rice cakes and crackers
- ☐ cereal, muesli, rolled oats, nuts and seeds
- ☐ dried fruit such as raisins, prunes and dates
- ☐ jams and chutneys
- ☐ long-life UHT milk and non-dairy alternatives that can be stored at room temperature
- ☐ canned fish, meat and beans
- ☐ energy bars, biscuits, chocolate and crisps

Remember to cater for allergies and special diets!



The home emergency supply kit does not have to be a separate food storage purchased "for a rainy day". Rather, it can contain the favourite food items that you normally eat anyway. The main thing is to keep enough food at home to feed the whole family for at least 72 hours.

WHEN POWER GOES OUT



Power outages are increasingly caused by natural phenomena such as crown snow-loads as well as floods and storms, but technical breakdowns can also cause them. Repairing the damage caused by natural phenomena does not always happen overnight, which is why power outages can be long-lasting.

WHEN POWER IS RESTORED:

- ☐ Check that your stove is not on.
- ☐ Use the thawed food from the freezer. Refrigerator-cold freezer food is still completely usable.

WHEN A POWER OUTAGE OCCURS

FOOD

HOW TO STORE FOOD AND HOW LONG WILL IT KEEP:

- ◻ First, use the fresh and refrigerated products.
- ◻ During the cold time of the year, store perishable goods outdoors and well covered.

HANDLING THE FREEZER:

- ◻ Avoid opening the freezer door to prevent the food from thawing.
- ◻ Protect the floor under the fridge and freezer from melt water.
- ◻ It can even take several days for frozen products at -18 °C in the freezer to thaw to 0 °C.
- ◻ Frozen products can still be refrozen when they are at -9 degrees, so long as their quality can be monitored.
- ◻ Products that have thawed to zero degrees can be used in food preparation or be cooked before being refrozen.

FOOD PREPARATION:

- ◻ You can prepare food outside using a camping stove or a grill, as long as you remember to handle the fire carefully and keep fire extinguishing equipment nearby.
- ◻ Also reserve food at home that can be eaten as it is and does not require heating.



HEAT

HOW TO STAY WARM:

- ☐ Reserve enough warm clothes and covers for everyone.
- ☐ Eat well and get enough rest.
- ☐ Ovens and fireplaces as well as dry firewood are great sources of extra heat.
- ☐ Close the windows and shut the front door. Heat escapes rapidly if the front door is repeatedly opened.
- ☐ Close the connecting doors to corridors, the entrance and the hallway and stop up all gaps.
- ☐ Remember that alcohol will not keep you warm.

The majority of residences are heated with the help of electricity because district heating and natural gas also require electric power. Especially in wintertime, a residence's cooling down rapidly becomes a problem.

Apart from fireplaces and the like, all heating requires electricity. When it is cold, indoor temperatures in wood-frame houses drop to +10 degrees in less than 24 hours. It takes approximately two days for a concrete-block building and three days for a well-built stone house to become cold. Once power is restored it takes time to heat them back up to normal temperature.

IF THE INDOORS TEMPERATURE DROPS TO BELOW +15 DEGREES:

- ◻ Try to maintain heat in one room. Close the connecting doors to peripheral and corner rooms and insulate any gaps with rugs or towels.
- ◻ Cover the windows with heavy curtains or blankets. Put more rugs on the floor.
- ◻ Dress in warm, breathable clothes preferably made of wool. Put more socks or shoes on. When necessary, wear a knitted cap and put on gloves.

IF YOU HAVE TO SPEND THE NIGHT IN A COLD RESIDENCE:

- ◻ Move the beds into the warmest space of your residence. Put all duvets and blankets to good use. You will be warm enough in a good sleeping bag.
- ◻ The family should share the blankets and sleep side by side. One person generates as much heat as one 70-watt light bulb.
- ◻ You will stay warmer if you build a tent out of blankets around a table and sleep inside the tent. It is also possible to erect a camping tent indoors.



INFORMATION AND COMMUNICATION

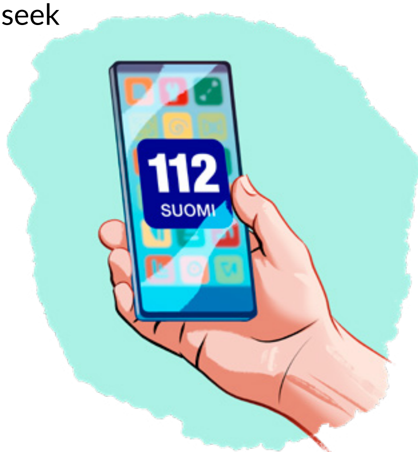


TO BE INFORMED, YOU NEED:

- ☐ A battery-powered radio and spare batteries
- ☐ A fully charged mobile phone
- ☐ A spare phone battery or a charged powerbank for the phone

WHERE CAN YOU GET INFORMATION?

- ☐ As long as the telecommunication networks operate and batteries have power, it is possible to seek information from online sources.
- ☐ Reliable sources of information include, among others, the channels of the Finnish Broadcasting Company (YLE) and the communication channels of municipalities, electric companies and water companies.
- ☐ Download the 112 mobile application to your phone. All public warnings are also transmitted to the 112 Suomi mobile application.



The information society relies on electricity, ICT technology and information networks. A power outage will rapidly impact everyday life. It is important to get reliable information during a disruption — however, many media platforms require electricity to operate. Telephone networks are designed to operate on battery power for a couple of hours, at most, during power outages.

SHELTERING INDOORS

In general warnings and emergencies, the authorities warn the public with emergency warnings and a public warning signal. The first thing to do in a general warning is to take shelter in the nearest indoor space and follow instructions. In most cases, this is enough to protect against the danger. The indoor space can be your home, school, workplace or other building.

EXAMPLES OF SITUATIONS THAT REQUIRE SHELTERING INDOORS:

- ☐ a fire in the surrounding area causes high levels of toxic smoke
- ☐ an accident involving dangerous substances in the area causes risk of gas leakage
- ☐ risk of radiation, such as a nuclear power plant accident



The public warning signal is a one-minute long rising and falling sound signal. It can be heard from the public warning systems and it warns people that are outside of an immediate threat. The emergency warning is given through e.g. radio, television and the 112 Suomi mobile application.



WHEN YOU HEAR THE PUBLIC WARNING SIGNAL:

- ◻ Move indoors. Stay inside.
- ◻ Close doors, windows and vents, seal gaps. Shut down mechanical ventilation.
- ◻ Turn on the radio and wait calmly for instructions.
- ◻ Avoid using the phone to prevent the lines from getting congested.
- ◻ Do not leave the area without instructions from authorities, to avoid danger during travel.
- ◻ Take iodine tablets only if prompted by authorities. Iodine tablets are recommended for those under 40 years old and pregnant women.

If you are at home, you can store drinks and food in airtight containers.

Not all toxic gases or radiation can be detected by the senses. Some dangerous substances are odorless and colorless.

SECURITY OF SUPPLY

is part of being prepared for disruptions. The objective is to secure the living conditions of the population as well as the continuity of production, services and infrastructure vital to the economy and national defence. During a serious crisis society's actions are primarily focused on the most vulnerable people owing to their age or health situation. Home preparedness creates the preconditions for society's resilience against the most serious crises.

You can obtain advice and instructions about the home emergency supply kit and other individual preparedness issues from rescue departments and rescue associations as well as home economics associations and organisations that provide pertinent advice.

DOES YOUR NEIGHBOR NEED HELP?

Do you have a neighbour who might need help? An aged person, a single parent with small children or someone suffering from fever and flu. Go ahead and ask if they need help.

THIS IS HOW YOU CAN HELP YOUR NEIGHBOR:

- ☐ They might not know why there's no water or electricity.
- ☐ It may be difficult or downright impossible for them to fetch water from the distribution point.
- ☐ They might be running low on food.
- ☐ They may need medical attention.



72 HOURS

MY IMPORTANT PHONE NUMBERS:

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112

Emergency number

www.72hours.fi

@72tuntia
#72tuntia

116 117 Medical Helpline for matters regarding healthcare and social services in non-emergency situations.

www.huoltovarmuuskeskus.fi

Huoltovarmuuskeskus
Försörjningsberedskapscentralen
National Emergency Supply Agency

www.spek.fi

The Finnish National Rescue Association
SPEK